



SEXUAL ASSAULT AWARENESS

This resource is intended for Tri Delta members to provide education about sexual assault and violence, and to share resources that could assist a victim, friend or individual.

Sexual assault is not a Tri Delta-specific, or even a sorority-specific, issue. Incidents of sexual violence can happen to anyone and can include any form of unwanted, unwelcome, forceful or coercive sexual contact. Different terms are used to define sexual violence behaviors, including rape, sexual assault, sexual harassment and sexual abuse. While the terms are different, all of these crimes have something in common: power, violence and control.

Sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. The exact definition of “rape” and “sexual assault” varies by state. Take a moment to learn about how the state where you are in school [defines sexual assault](#).

Sexual assault is a serious crime that can have serious impacts on many aspects of a survivor’s well-being. Regardless of what form of sexual violence has been experienced, support is available to help a survivor understand the range of options available. Accessing resources, reaching out for help or even reporting sexual violence is an individual choice. If you believe you are a survivor or are unsure if a crime has occurred, please seek help.

SEEKING HELP AND SUPPORT

We encourage members who have questions or who have been victims of sexual assault to reach out or report the situation to a local or campus resource. Some of these may include:

- Campus/local resources for sexual assault/relationship violence
- Campus counseling services
- Campus women’s center
- Campus health services
- Campus police
- Hall director if in a residence hall
- Chapter president or standards committee
- Chapter volunteer team

Campus and community resources are a great way to speak with someone face to face. There are many national resources also available online that may assist in providing additional education and support. Some of these include:

- It’s On Us: <http://itsonus.org>
- One Student: <http://onestudent.org/>

- Office on Women's Health: U.S. Department of Human Health & Services
- The Rape, Abuse & Incest National Network (RAINN): www.rainn.org or 1-800-656-HOPE (4673)
- Not Alone: www.notalone.gov
- National Sexual Violence Resource Center: www.nsvrc.org or 1-877-739-3895
- California Coalition Against Sexual Assault: <http://calcasa.org>

PROVIDING HELP AND SUPPORT

Often times, a person who has been a victim of sexual assault and violence may approach a friend or sister first. If a friend or sister comes to you after a sexual assault, remember some key things:

- Listen and allow them to have a choice in their next steps.
- Encourage them to consider all options but support whatever decision they make.
- Use comforting words like, "I believe you."
- Be mindful of your reaction.
- Follow up and periodically check in with your friend or sister.

ADVOCATING FOR CHANGE

As stated in our Purpose, Tri Delta aims to "assist our members in every possible way." As members, you have the responsibility to ensure the Tri Delta experience is safe and meaningful.

Here are some things Tri Deltas can do to raise awareness and fight sexual assault:

- Be active in supporting a safe, respectful and equitable community.
- Participate in the Not Anymore Program and continue the conversation with your sisters.
- Be familiar with your campus and national resources. A friend may come to you first if they are assaulted. Know when and how to connect him or her with national, community or campus resources.
- Be aware of your language. Consider the impact of statements such as "they asked for it," "they drank too much," or "they shouldn't have been wearing that."
- Speak out if you hear someone making an offensive joke or trivializing rape.
- Be mindful of theme party choices.
- Be an active bystander and remember to A.C.T.
 - Assess the situation
 - Choose your best action
 - Take the action you can

ADDITIONAL RESOURCES AVAILABLE

- [One student](#) provides some great printable resources to read or share with the chapter. Check out "Supporting Survivors: How to Help a Friend" or "Sexual Empowerment 101."
- "Circle of Six" is a free app that promotes an easy way for friends to "stay close, stay safe and prevent violence before it happens." Learn more about the app at <http://www.circleof6app.com/>.
- Not Alone provides an easy way to locate services, resources and even advocates in your area by using their "[Find a Service Near You](#)" feature.
- Get the facts on sexual assault and date rape drugs with these [fact sheets](#) provided through the Office on Women's Health: U.S. Department of Health and Human Services.